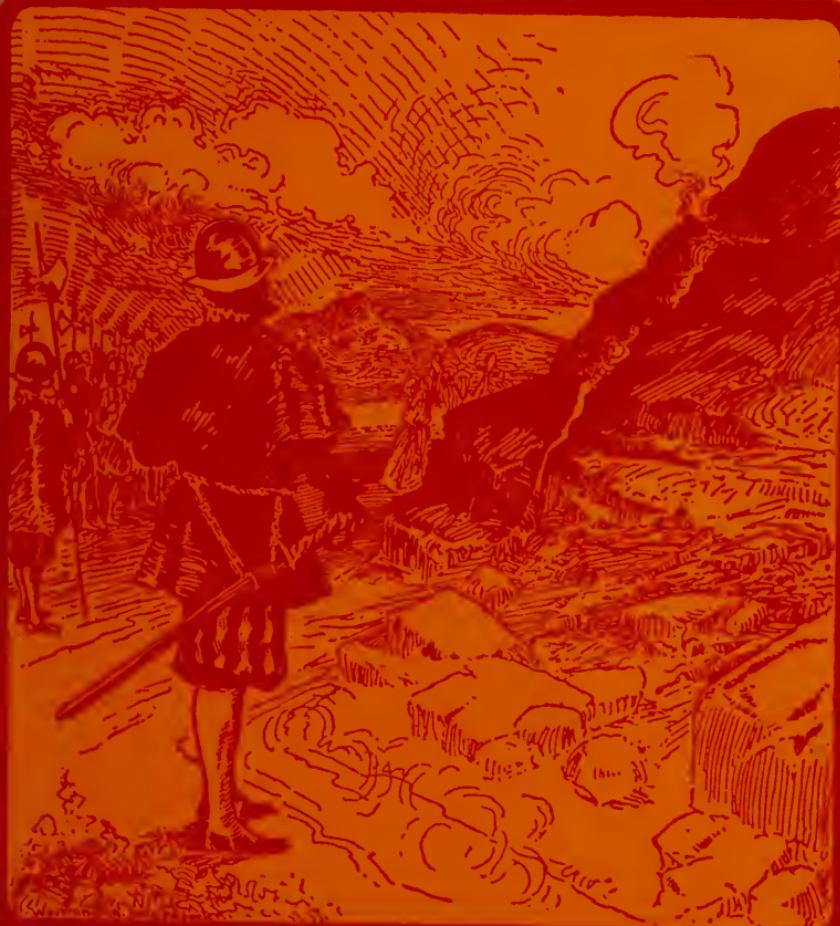


IF PONCE DE LEON  
HAD COME TO SALT LAKE





# The Sanitarium Baths



INCORPORATED  
CAPITAL \$150,000

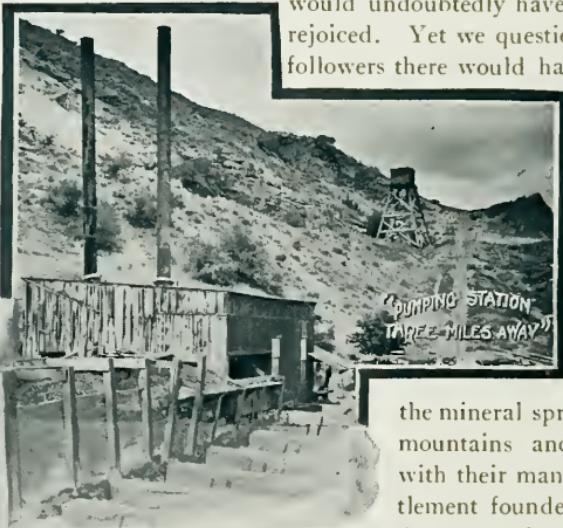
SALT LAKE CITY, UTAH.



If Ponce de Leon, seeker for the Fountain of Youth, had come to the region of the Great Dead Sea when on his famous quest for that fabled fountain, some measure of success would have rewarded his efforts. For while he could not have found a spring of perpetual youth, it is certain that then, as now, he would have discovered at the base of the Wasatch mountains a fountain of health and healing prepared by the Giver of All Life for the benefit of his children.

For many generations before and after the Spanish knight laid down to his last sleep in the Everglades of the South—finding death when he sought life—the fountain by the mighty mountains dispensed health and healing to all that came. The Indian and the wild beast left no written record, but that the virtues of the springs were known the legends handed down bear witness.

Could Ponce de Leon and his train have found this fountain they would undoubtedly have marveled greatly and rejoiced. Yet we question whether among his followers there would have been one who with prophetic eye could see in the vapors arising as incense the Zion that was to be so near, with its Temple, Tabernacle and the busy streets of a great city.



The first white settlers at once found the mineral springs at the base of the mountains and became acquainted with their many virtues. As the settlement founded by the first band of

dauntless pioneers grew and became the metropolis of a great state, private enterprise conceived the idea of bringing these waters within easy access of all, and this resulted in the establishment of the Sanitarium Baths—an institution covering one and one-fourth acres of ground, and through



the pools of which pass each day 500,000 gallons of mineral water from one of the finest hot sulphur springs in the world.

It is three miles from the Sanitarium building in the heart of the city to the pump house at the spring, where the water is started on its mission of health or pleasure—or both combined. At this point a natural cave and tunnel extends back into the mountain a distance of about one hundred feet, the water flowing along the floor into a pool cut out of the solid rock directly under the big pump which night and day throbs with a mighty stream flowing cityward. In order to get the requisite floor space for the two boilers at this point it was necessary to blast into the hillside, and this part of the plant is literally founded upon a rock. Visitors are always welcome, and can here appreciate how prodigal Nature sometimes is with her gifts, as besides the stream which day and night fills the twelve-inch pipe line, fully one-fourth more overflows and makes its way to the plain below.



HERE is scenery the world over that must be seen to be appreciated, as every traveler will testify, and for very similar reasons the benefits and pleasures of bathing in the natural mineral waters at the Sanitarium Baths must be experienced to be appreciated. Entering through the front office the bather is provided with the necessary equipment for whatever bath may be preferred. The choice is left to individual taste, but the benefits are the same in all. The temperature of the water, which winter or summer is slightly above blood heat, renders bathing a pleasure at any season of the year, while the wonderful cleansing and purifying qualities of the water, together with its great penetrating property, renders the use of soap unnecessary for the attainment of cleanliness. Where the baths are taken regularly, even for a short time, the skin takes on a velvety softness as it becomes thoroughly cleansed from all impurities, and the gentler sex will find here a complexion beautifier unsurpassed; as Nature always surpasses the artificial.

A majority of visitors from beyond the confines of Zion are first attracted to the front pool, reserved exclusively for bathers with suits. These may be procured at the office for either ladies or gentlemen, and as the

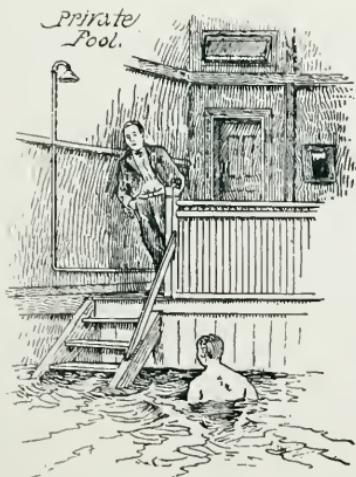


best of order is always preserved ladies without escorts need have no hesitancy in entering the pool. The floor of the pool slopes very gradually and bathers can secure any depth from two and one-half to six and one-half feet at pleasure. A congenial party of friends can always spend a pleasant hour here, and the animated spectacle presented is one in which the visitor usually feels impelled to join.

Beyond the first pool is a second pool 65x75 feet, gently sloping to a depth of seven feet, which is reserved for the men and boys who prefer the greater freedom which comes from bathing in no other garments than those with which man was first provided. It is largely patronized at all times by "boys from six to sixty."

Both pools are provided with an abundance of dressing rooms for bathers and both have cool fresh water showers. Taken just before leaving the pool the cool shower refreshes and also closes the pores of the skin sufficiently to reduce to a minimum any danger of taking cold. A "steam room" for the ladies in the front pool and for the gentlemen in the rear pool is an adjunct that is appreciated by many of our patrons.

On the second floor on either side of the front pool are private bath-rooms with porcelain and Italian marble bathtubs for those who prefer to bathe in this way. Each room is properly furnished, and over each tub is a fresh water shower.



In addition to the foregoing there are private plunges—a dressing room and small pool combined—yet each complete and separate in itself. Many of our patrons—especially elderly couples who desire more "elbow room" than is afforded by the tub baths, yet do not care for the large open pools—find in these plunges a bath that meets their wishes. All private plunges are also provided with the fresh water shower.

The nominal price of these baths (25 cents, currently called "two bits") places within the reach of all classes the waters of a mineral spring



excelled by none. Residents of the city or visitors are welcome to come at any time to drink of the constantly flowing waters, or to fill bottles or other receptacles and take the water home to drink as desired. The location, within five minutes' walk of all the leading hotels, renders the place easy of access to visitors to Salt Lake, or fine furnished rooms can be secured in the Sanitarium building, with access to the baths without going out of doors.



## OPINIONS OF OUR LEADING PHYSICIANS



**A**RCHIBALD A. KERR, M. D., says: "In my judgment the waters of your springs are beneficial in most parasitic affections of the skin. They are also beneficial in cases of chronic muscular rheumatism. I wish you every success with the enterprise, which is truly one of the most attractive features of our city."



**R**UFUS L. McELROY, M. D., says: "I have seen many cases benefited by the Sanitarium Baths and consider the water as meritorious as any in the United States or elsewhere. The diseases which receive the greatest and quickest benefits from the baths are those which have their origin in the uric acid diathesis, a term with which most people are now familiar. The usual manifestations of this condition are all forms of rheumatism, neuralgia, eczema and other diseases of the skin, and digestive troubles. These baths are to be recommended as a tonic, especially to those seeking health and recreation from lower altitudes; the combination of salts that make up the solid constituents of the water, together with the high, dry and exhilarating climate of Salt Lake City, making it probably the most desirable watering place in the world."



**H.** N. MAYO, M. D., says: "The great medical virtue of the waters of your hot spring for both external and internal uses is established beyond the slightest doubt."



**A.** J. HOSMER, M. D., says: "From cases under my immediate observation I am satisfied that in cases of rheumatism and allied troubles the waters of your spring accomplish all that can be expected from hydropathy."



**Chas.** F. WILCOX, M. D., says: "I take pleasure in stating that the medicinal properties of the Hot Springs water are most pronounced in the chronic forms of cutaneous and rheumatic affections, and I heartily endorse same."



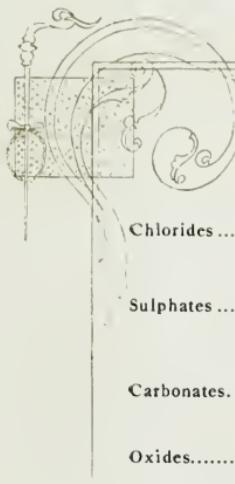
**C.** M. CHANDLER, M. D., says of the waters: "The therapeutic action of the water is principally upon the kidneys and bowels, while the heat relaxes the skin, unitedly increasing elimination of effete and waste matter by the three greatest excretory organs. This action is almost always required in successfully treating chronic diseases, many kidney and liver affections, and some forms of rheumatism. Rheumatism, blood diseases, etc., should be treated with assistance of the baths as successfully here as at Hot Springs, Ark."



**E.** S. WRIGHT, M. D., President of the Board of Medical Examiners of the State of Utah, says: "I have found much benefit to be derived from the use of your thermal spring waters in skin affections, liver troubles, acute and chronic rheumatism; and by drinking the water freely much benefit is derived for sluggish and inactive kidneys."



## MEDICINAL QUALITIES



### ANALYSIS

	Specific Gravity	- - - - -	1,011.
	Chemical Reaction	- - - - -	Alkaline
	Gases	- - - - -	3.250 vols
	Hydrogen Sulphide	- - - - -	1.875
	Carbonic Acid	- - - - -	1.375
	Total Solids in one gallon	- - - - -	370.442 grs.
Chlorides .....	Sodium Chloride	- - - - -	248.375
	Potassium Chloride	- - - - -	2.125
	Calcium "	- - - - -	10.432
	Magnesium "	- - - - -	26.020
Sulphates .....	Calcium Sulphate	- - - - -	36.070
	Potassium "	- - - - -	.750
	Magnesium "	- - - - -	16.875
	Sodium "	- - - - -	12.040
	Sodium Carbonate	- - - - -	7.875
Carbonates ..	Iron	- - - - -	.025
	Calcium "	- - - - -	5.875
	Potassium "	- - - - -	1.020
	Magnesium "	- - - - -	.025
Oxides.....	Silicon Oxide	- - - - -	2.070
	Aluminum Oxide	- - - - -	.975

Numerous tests reveal the presence of Iodine, Bromide, and Fluorine in appreciable quantities.

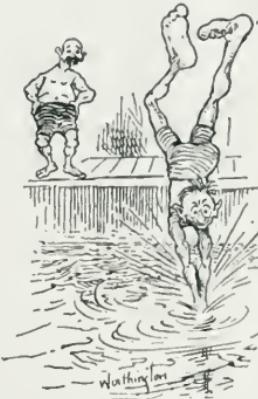
For the benefit of those who may be seeking health we will touch briefly upon the therapeutic action of the elements carried in solution in this water, as shown by the above chemical analysis.

The potassium salts tend to promote alkilineity of the blood, and are most markedly efficient in gouty and rheumatic affections.

The chloride of sodium is an important element in the animal economy, normal human blood containing from three to four parts in one thousand. This salt also possesses the valuable property of being an antagonist or antidote to the strumous diathesis. It is a noteworthy fact that under its prolonged use enlarged and "cheesy" lymphatics gradually resume their normal condition, tubercular deposits undergo a process of calcification, and ulcerating cavities discharge their contents and cicatrize.

The sodium and potassium salts, besides increasing alkilineity of the blood, are valuable in many cases of kidney trouble. Under suitable conditions they change the secretions from these organs from a condition of hyperacidity to one of moderate alkilineity.

The magnesium salts in these waters constitute one of the most useful and reliable antacid preparations known. They neutralize any free acids



met with in the stomach, while the resulting salt has a mild but certain laxative effect. They are easily borne by the stomach, which greatly enhances their value and efficiency.

The water being always slightly above blood heat and extremely penetrating, relaxes the skin and enters the system to a great extent by the process of absorption when bathing, which in many cases is well supplemented by the drinking of proper quantities. Such being the medicinal qualities contained in the waters compounded in Nature's laboratory, we believe our claim that it is a veritable fountain of health and healing is well founded.

To those who may look to these waters for the alleviation or cure of disease, we wish to say that to secure the best and most permanent results the treatment should be taken under the direction of a competent, skilled and reputable physician. Salt Lake is well equipped in this respect, and should you so desire we will gladly furnish you the names of thoroughly reliable physicians you can consult regarding your ailment. The virtues of the waters are unquestioned; it is to your interest to use them under scientific direction.



## FEATURES OF THE SANITARIUM BATHS

**W**E have a water that is in every respect equal, and by many pronounced superior to the famed waters of Hot Springs, Arkansas.

**T**HE baths are open every day in the year, and the temperature always right for an enjoyable bath. Nature has taken care of that.

**T**HESE splendid waters are purely a product of Nature, supplied entirely by a spring three miles distant. No city water is used except for the cool showers, and we back this statement by offering a standing reward of five thousand dollars for proof to the contrary.

**B**ATHS are provided to suit every taste. A large pool for ladies and gentlemen with suits, a large pool for men and boys without suits, and private baths for those who desire them.

**T**HIS institution represents an investment of \$150,000. The moderate prices fixed places this luxury at the disposal of the poor as well as the rich. Our aim is to cater to respectability, rather than to exclusive wealth.

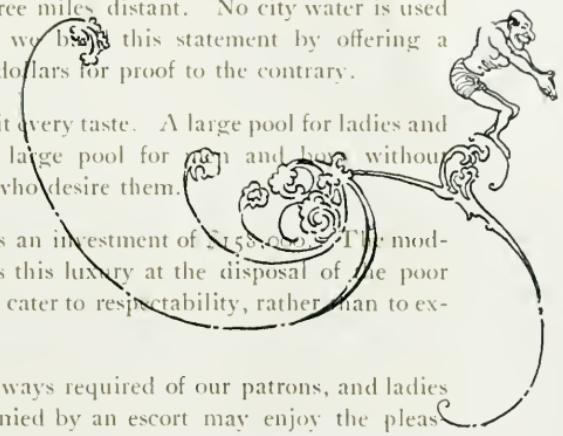
**T**HE best of decorum is always required of our patrons, and ladies or children unaccompanied by an escort may enjoy the pleasures of bathing in the large pool in perfect safety.

**T**HE Ladies' Hairdressing Parlors and Ladies' Turkish Bath departments are entirely separate and luxurious in their appointments.

**T**HE Gentlemen's Turkish Bath departments are provided with everything dear to lovers of this luxury, and the attendants have no superiors in the United States.

**T**HE Gentlemen's Turkish Bath and Regular Bathing departments are open day and night. "It is never too late to bathe."

**R**ESTING Rooms, Smoking Rooms, Reading Rooms, etc., are provided free for the convenience of our patrons. Visitors are always welcome to inspect the institution and judge for themselves if our claims are well founded.





In the upbuilding of this great business we have found it to our interests to particularly look after the welfare and comfort of the ladies, and from

this aim has grown two great departments, viz.: Ladies' Exclusive Turkish Baths, and Ladies' Hair Dressing Parlors, the latter with Manicuring for both ladies and gentlemen in connection. Both departments are luxurious in their appointments and are in charge of most expert operators in their respective lines. They are



situated on the ground floor, connected, and accessible either from the street or from the interior of the building. Appointments can be made in advance by 'phone, thus avoiding delays.

Distilled and sterilized water is used in shampooing, and the latest appliances are employed in the department of Hairdressing; a complete line of hair-goods is carried in stock at prices based on a fair margin of profit.

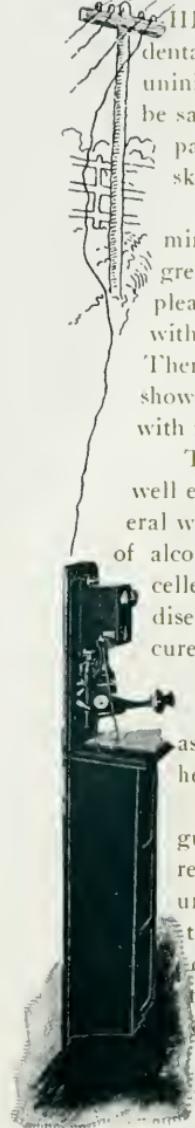
But a small percentage of women appreciate the great benefits derived from taking Turkish Baths regularly. To the uninitiated we ex-

tend a cordial welcome to call and consult the operator in charge, who will freely furnish information on this topic. All branches of Massage and Chiropody, as well as Turkish, Russian and all other varieties of baths, are skillfully administered by most efficient operators.

While on this topic we desire to add that we constantly employ an expert Lady Instructor of Swimming who teaches a limited class of ladies each day in the large front pool. Usually ten lessons are required to teach this art to proficiency. There is no exercise so conducive of health, which brings every muscle of the body into action and develops all parts speedily and permanently, as does swimming.

Closing this brief sketch we wish to call particular attention to the fact that our patrons of these departments number Salt Lake's best people, and our constant aim is to cater only to the best with the best.





THE "Unspeakable Turk" is not more of a mystery to the Occidental mind than are the mysteries of a Turkish bath to the uninitiated. To those who are accustomed to this luxury little need be said here save that in this department of the Sanitarium Baths patrons will find every necessary appliance and convenience, with skilled operators always in attendance.

The hot plunge here is filled with a constant flow of natural mineral water (the virtues of which are set forth elsewhere), greatly enhancing the value of these baths, whether taken for pleasure or to aid in regaining health. The cold plunge is filled with mountain water for those who desire a dip to cool themselves. There are of course the usual hot room, vapor room, needle shower, etc., and resting room, but we will not weary the reader with further description.

The value of Turkish baths in rheumatic and gouty affections is well established, and the good results are hastened here by the mineral water. As a means of overcoming the effects of alcoholic excesses the Turkish bath is unexcelled, while if properly taken for a time the disease of inebriety or the tobacco habit may be cured if the patient is earnest in a desire to reform. The objectionable tendency to "stoutness" which comes upon many people as they approach middle life, can be combatted here in a rational and healthful manner.



Under all civilizations hot or tepid baths taken under the guidance of a skilled attendant, have been the mark of people of refinement and wealth. The famous baths at Rome and the luxurious bath houses erected there in the days of Rome's glory, testify to the popularity of this form of bath then. The giving of hot and vapor baths, coupled with massage, has been reduced to a science in these latter days—in the language of the day, we could give the old Romans cards and spades and then beat them. In closing we merely wish to say that the operators in our Turkish bath department are unexcelled in their line of work, and that the stranger within the gates of our city may rely upon securing service here equal to the best elsewhere or anywhere. The gentlemen's Turkish bath department is open day and night.



## SALT LAKE CITY

**A**TWENTIETH century city in every sense of the word is the Metropolis of Utah, founded in 1847 in the midst of what was then known as the Great American Desert. The story of the pilgrimage of that band of Mormon pioneers has often been told, and is now a part of national history.

The Temple and Tabernacle are monuments that bear mute yet eloquent witness to the ability and strength of character of the early settlers of Utah. The corner stone of the Temple—a beautiful building of white granite—was laid in 1853. The building was finished in 1893. The granite for this great structure was not quarried, but was broken to proper size by "plug and feather" from boulders and transported by teams. Erected far away from what was then known as civilization, it stands today one of the renowned buildings of the world. The Tabernacle, capable of seating 10,000 to 12,000 people, possesses the finest acoustic properties of any assembly hall in the world. The faintest whisper can be heard the entire length of the building, 250 feet. In the Tabernacle is one of the largest and finest pipe organs in the world. Recitals on this magnificent organ are given two or three times a week, and are free to whoever wishes to attend.

The street system starts from the Temple Block and is very simple when once understood—East, West, North and South Temple being the streets which bound the block, and then First East, Second East, etc., according to location. One of the first things which strikes the visitor is



THE TEMPLE.

the generous proportions of the blocks and streets—the streets being 132 feet wide and the blocks 600 feet long. With well paved streets and many fine blocks in the business portion; shade trees lining the streets and well kept grounds in the residence portion, Salt Lake City presents a picture of which her people are justly proud. Every requisite of the up-to-date city is to be found here. There are between eighty and one hundred miles of electric street railway in operation, and the system is being constantly extended. Gas and electric light, water-works, telephone systems, etc., are as nearly perfect as possible. The public school system is excellent and is being

improved wherever possible. As a place of amusement Salt Lake takes first rank. There are two theatres where the best of plays may be seen during the regular theatrical season; that unique building, the Salt Palace, where summer opera may be seen, and numerous parks in or near the city. The Great Dead Sea [or Great Salt Lake], eighty miles long by fifty miles wide, affords the novelty of bathing in salt water a thousand miles from the ocean, while in the city the Sanitarium Baths furnish a bathing resort open every day in the year. The climate is as near ideal as possible, violent extremes of temperature being unknown, and the mountains by which the city is surrounded present a beautiful picture at all seasons of the year. Located in the center of what is now a rich agricultural country and with unbounded mineral wealth tributary, the present year (1901) has seen Salt Lake outrank all other cities in the percentage of increase of her bank clearings. Wonderful as has been the growth of this city in the past, the future promises to far surpass it. Salt Lake is a twentieth century city.



THE TABERNACLE.



